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# Preparation for new school year begins

By Capt. Ben Alumbaugh  
374th Airlift Wing Public Affairs

With August around the corner, the first day of school comes even closer.

The first day of school for Yokota Air Base students is Aug. 29, and there are many things parents need to do to prepare their children for a good start to the school year.

Shirley Rogers, Yokota Air Base school liaison, says there are several things parents can take care of now so students are able to start the first day on the right foot.

"One thing parents need to do is make sure their child is already registered for school," said Ms. Rogers. "Every year children have to be re-registered for school and some parents make the mistake of thinking once a student is registered then they are registered for their entire time they are here."

Another mistake Ms. Rogers cites is parents trying to register their children on the first day of school and expecting the child to be able to attend classes that same day.

"When that happens, the child can't just be assigned to a classroom," she said. "It might take two to three days before the student can start classes."

To help alleviate the need for parents to register on the first day, school offices are open all summer long, said Ms. Rogers. "If parents have questions or need to take care of anything they can do so."

According to Ms. Rogers, nearly 30 percent of students still need to be registered along with children who have just arrived on base.

To help parents and students, the school liaison has a page on the Yokota Web site, <http://www.yokota.af.mil>. The school calendar is online along with immunization requirements, reduced lunch application and other important documents.

"We posted the school supplies list on the Web page and it's posted at the Base Exchange too," said Ms. Rogers. "The reduced lunch program also requires parents to re-apply every school year, because over the summer the names are removed from the database."

The application for the reduced lunch program is not only available on-line, but also at every school on base.

"Parents need to bring their current Leave and Earnings Statement to my office to sign up for the reduced lunch program," said Ms. Rogers.

Also, students who ride the bus must be registered for a bus pass. Parents are encouraged to call ahead at 225-9787 before going over to the east side at Bldg. 4330 for the bus pass registration.

To welcome back students, the middle school will have an ice cream social on Aug. 25, and the high school will have their welcome to students on Aug. 28.



photo by Master Sgt. Dominique Brown

**Master Sgt. Nicole Jackson takes her children, Alexis and DeVonte, back-to-school shopping Monday at the base exchange in preparation for the start of school.**

## Yokota network more secure with smart card implementation

### Servicemembers lose access to webmail with latest changes

By Staff Sgt. Karen J. Tomasik  
374th Airlift Wing Public Affairs

Computers across the Yokota Air Base network will become more secure as the base transitions completely to the new smart card logon (SCL) system.

Network users should notice their computers are now enabled to read Common Access Cards which can be used to log in. Although some may still be allowed to log in with a user identification name and password, that function is set to expire in the near future.

"We are in the process of getting Yokota fully integrated using smart card logon," said 1st Lt. Robert Olipane, 374th Communications Squadron

Network Control Center chief. "We first needed to ensure all users had valid CACs, which required a lot of coordination with the military personnel flight, populating their certificates into our network's database, ensuring all client systems have the proper software installed and then making sure they all have CAC readers. All this was required before enabling users to log on with their CAC only."

According to Lieutenant Olipane, several changes have occurred recently to prompt network users to convert to the new system.

"As a part of the Department of Defense's Public Key Infrastructure (PKI) initiative, all secure DoD Web servers, such as

those starting with <https://>, will be configured to require certificates before allowing access to any of their Web sites," said Lieutenant Olipane. "Starting July 19, Yokota's private Web servers — <https://wwwmil.yokota.af.mil/> and <https://yokota.intranet/> — require a user's CAC in order to browse the content on those Web sites. In addition, before the end of July, all military and DoD secure Web sites are expected to be configured the same way."

This change will also affect the average network user's ability to check their webmail accounts from home.

"As soon as network users are logging in via CAC and personal identification number only, they will be unable to access their webmail accounts," said Lieutenant Olipane. "SCL uses the CAC/PIN combination in lieu of a username/password combination to log in. Currently, Yokota's

**"This conversion will enable DoD as a whole to secure the network, maintain information superiority and allow warfighters to accomplish their mission safely and securely."**

webmail only works with a username/password combination; enabling SCL is effectively taking away the ability for the average user to logon to webmail from home or anywhere else they have Internet connectivity. There is a SCL solution for webmail being worked at the Air Force and major command levels, however,

there is no projected release or implementation date at this time."

Some individuals, such as commanders and chiefs, who are mission critical, will be able to maintain access with an exception letter, but this option is strictly limited. Exception requests will only be granted for mission critical impact, not mission enhancing.

"For the average user, these changes should cause very little impact on their ability to accomplish their mission on the network," said Lieutenant Olipane. "This conversion will enable the DoD as a whole to secure the network, maintain information superiority and allow warfighters to accomplish their mission safely and securely."

For questions or concerns about the CAC/PKI initiative, contact your unit's Client System Administrators.



## Traditional moves



photo by Capt. Warren Comer

**Tanabata Dancers, Brandie Williams, left, and Kristen Foster, center, perform a traditional Japanese Bon dance during the Yokota Home Summer Festival in Fussa City. Yokota Home is an assisted living facility along Route 16. The Tanabata Dancers are a private organization at Yokota Air Base that perform traditional Japanese dances at base and local community events.**

## Force Shaping initiatives for 2007 released

By Master Sgt. Mitch Gettle  
Air Force Print News

WASHINGTON — Air Force officials recently announced new force-shaping initiatives to be used to meet the required 2007 fiscal year end strength numbers.

The new initiatives are designed to bring the Officer numbers down as the enlisted end-strength numbers are on target for 2007. Officials said more than 8,000 officers must separate either through normal attrition, retirement or force shaping measures to achieve the required balance in force.

"It's important to keep in mind what force shaping is all about; the present and future state of the Air Force," Lt. Gen. Roger A. Brady, Deputy Chief of Staff, Manpower and Personnel. "We have to balance our (force) for now and the coming years to have the kind of force we need to win the long war we are in now and be prepared for whatever comes next."

The Air Force will look for volunteers but will also initiate involuntary shaping programs to achieve a balanced force. The force-shaping program maximizes the Air Force's voluntary separation authority and also allows implementation for involuntary shaping programs as required.

The Air Force starts the 2007 force-shaping program with three tools to lower the number of active duty officers. These three initiatives are Voluntary Separation Pay (VSP), Selective Early Retirement Board (SERB), and a fiscal 2007 Force Shaping Board (FSB). Under U.S. Code Title 10, the Secretary of the Air Force has authority to use these force-shaping tools.

The VSP incentive will be offered to Line of the Air Force officers (including Judge Advocates), and Chaplains with more than six and no more than exactly 12 years of service to encourage their separation, General Brady said.

The Air Force needs approximately 3,200 officers meeting these criteria to separate. Eligible officers may begin applying for VSP on Monday. Dates of separation must take effect between this Oct. 1, and Sep. 29, 2007. Applications for VSP will not be accepted after Jan. 31, 2007.

Officers who are approved for VSP will enter into a written agreement to serve in the Individual Ready Reserve for a period of three years following the separation. Officers that have an existing military service obligation at the time of their separation will fulfill it in the IRR along with the additional three-year commitment. Officers meeting the above time-in-service criteria may contact their Military Personnel Flight for more details on VSP.

"We are offering the qualified VSP officers twice the compensation of what they would receive for an involuntary separation," General Brady said.

The Air Force seeks to retire 313 line officer lieutenant colonels that have been twice deferred for promotion or colonels with four years time in grade that are not general selects. Officers that have a voluntary retirement date

or a mandatory retirement date for length of service will not be considered.

The Air Force must plan for a SERB for 2007 to meet this shaping objective.

"The officers that fit this category have already been notified," he said. "If we get enough volunteers for retirement, we will not hold the SERB."

A SERB has been scheduled for Jan. 8-19 2007. More detailed information about the SERB will be released in September.

The Air Force will also hold a fiscal year 2007 FSB. This board will evaluate officers who have not completed more than five years commissioned service. The board will consider officers in selected, overage career fields in the 2003 and 2004-year groups. However, for the 2003-year group, the board will only consider those career fields that were excluded from consideration from the fiscal 2006 FSB.

The Air Force projects more than 900 losses as a result of the 2007 FSB, which is scheduled for March 12-23, 2007.

Another tool the Air Force uses to balance the force is recruitment.

"In Force Shaping, we will lose some very talented people. But the reduction in size is also about losing manpower authorizations to help get the right number of people with dynamic skill sets," General Brady said. "We will be bringing in about 3,000 less enlisted and 500 less officers this year through accessions."

By recruiting less into the Air Force, this eases the burden of having to get rid of quality individuals, he said.

"One thing we don't want people to lose sight of is we do not like the fact that we're going to lose these people," General Brady said. "These are talented young folks with a great work ethic and the kind of people we feel will land on their feet and do well."

This new Force Shaping message supercedes prior messages. Other Force Shaping programs such as "Blue to Green," Palace Chase, Career Job Reservation (for enlisted) and Enlisted Retraining Program are still in effect.

For more information on the force shaping initiatives visit the Air Force PersonnelCenter web site at <http://www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm>.

## Upcoming events at the AFRC

The Airman and Family Readiness Center offers many programs and classes to assist community members while stationed at Yokota Air Base to include the following:

**Air Force Aid Society** – The official charity of the Air Force provides emergency assistance on a case by case basis for travel, car repairs and financial emergencies.

**Car Care Voucher** – First term Airmen and spouses of deployed or temporary duty Airmen are eligible for a \$50 voucher for car care at the AAFES garage.

**Pre-deployment** – A pre-deployment briefing is held every Thursday from 9 to 10 a.m. Spouses are highly encouraged to attend the briefing.

**Spouse employment and tuition assistance** – Get assistance searching for a job or apply for tuition assistance.

**Teaching English** – Interested in teaching English to Japanese students? Sign up for the Tips on Teaching English class.

**Home Buying Seminar** – Thinking of buying a home in the near future? Learn about earnest money, titles, closing closts and more Aug. 3 at 6 p.m.

For more information about these or other programs offered, call the AFRC at 225-8725.

## Nihon-go now

### ⇒ What movie is playing this evening?

Kyou no yoru wa dono eiga ga jouei saremasuka?  
(kee-yoo no yoh-loo wah doh-noh eh-ee-gah gah  
jooh-eh-ee sah-leh-mass-ka.)

### ⇒ Does this movie have English subtitles?

Kono eiga wa eiga no jimaku.  
(koh-noh eh-ee-gah wa eh-ee-gah noh jee-mah-  
koo.)

# AD

## Top of the line aircraft refurbishment hangar opens

By Master Sgt. Dominique Brown  
374th Airlift Wing Public Affairs

After almost two years in the building, the 374th Maintenance Squadron's new aircraft refurbishment hangar opened this week to replace the previous refurbishment hangar next to it that dates back to the early 1950s.



photo by Master Sgt. Dominique Brown

**Tech. Sgt. Robert O'Harrow, 374th Maintenance Squadron, secures a light panel in the new paint booth. The booth allows for polyurethane painting of aircraft parts by ventilating the toxic paint chemicals with an updraft air system that incorporates filters on the ceiling.**

The facility was built to improve the refurbishment processes on the wing's C-130 aircraft. One of the many upgrades incorporated in the hangar is the integrated ventilation system with a dedicated air line to pump oxygen enriched air into the aircraft while it is being worked on. The hangar will also house structural maintenance personnel and also provide work space for survival equipment personnel.

"This hangar was tailor-built for C-130s," said Tech. Sgt. Robert O'Harrow, 374th Maintenance Squadron C-130 refurbishment non-commissioned officer in charge. "The entire aircraft will fit inside the hangar with its doors closed, while the previous hangar required the tail to stick out."

The refurbishment hangar and a new C-130 fuels hangar were both funded by the Government of Japan through the Japanese Facilities Improvement Program for Yokota Air Base.

These are just two of the many JFIP facilities funded by the Japanese government designed to improve facilities for personnel supporting the defense of Japan.

"We are ecstatic the Japanese government would furnish us with these outstanding facilities," said Major Matthew Gamblin, 374th Maintenance Squadron commander. "Both of the hangars provide a safer environment to per-

form maintenance than their predecessors."

Another upgrade to the new hangar is a specialized paint booth to allow polyurethane painting on aircraft parts. The booth has four halogen light panels on each side and an updraft ventilation system to filter out the toxic chemicals from the paint and keep fresh air cycled in.

"During refurbishment, we gut the aircraft to perform corrosion control on the interior as well as the removed parts," said Sergeant O'Harrow. "Refurbishment includes sanding, painting, structural maintenance and also adding non-slip coating where required."

A high tech blasting booth was incorporated into the new hangar as well to strip aircraft components of old paint and corrosion such as on wheels and brakes. "The new blasting booth shoots high velocity small plastic pebbles at aircraft parts to strip them down to the metal," said the sergeant.

"The new refurbishment hangar provides a more streamlined, safer area to strip, sand and paint aircraft and parts," said Major Gamblin. "All of these features increase the capabilities of the 374th Airlift Wing to continue its western Pacific airlift mission and decrease the environmental impact our mission has on the local community."

## Life Skills incorporates Wingman concept

By Capt. Ben Alumbaugh  
374th Airlift Wing Public Affairs

The Wingman concept reaches all levels of the Air Force to include the 374th Medical Group Life Skills.

Life Skills provides commanders and first sergeants with several tools to help them be better wingmen to their troops.

One of those tools is the Investigative Interview Policy, commonly referred to as the "hands-off policy," to ensure Airmen under investigation have someone in their unit to help them through a stressful period.

"Agencies and unit leaders share responsibility for the safety and well-being of individuals who are under investigation," said Dr. (Maj.) Samuel Dutton, Life Skills element chief. "Legal problems have been identified as one of the top three risk factors for suicide by active-duty Air Force members."

Another way Life Skills is able to help Airmen is through the Limited Privilege Suicide Prevention program. "This program is similar to having the confidentiality of talking with a chaplain," said the doctor.

Any Air Force member is eligible for entry in the program after the member has been officially notified that he or she is under investigation or is suspected of the commission of an offense under the Uniform Code of Military Justice. The program grants limited protection to the information revealed by the person's clinical relationship with a mental health professional. The information may not be used in any existing or future UCMJ action.

The doctor says there aren't a lot of cases of Post Traumatic Stress Disorder at Yokota Air Base, but since the possibility exists that military members will experience one or more traumatic incidents during their careers, there is a Traumatic Stress Response Team available. "Squadron or group commanders have the authority to request TSR support," said the doctor.

For more information on these tools, contact Life Skills at 225-3566.

# AD



# “Control your circumstances, influence your destiny”

By Maj. Todd Bean

374th Maintenance Operations Squadron

Have you ever wondered why some people seem to be surrounded by favorable circumstances? Perhaps they had wealthy parents. Maybe they won the lottery or possess a high IQ. Or maybe they played the hand they were dealt and made lemonade out of lemons.

Every one of us travels the road of life and when you approach the fork of adversity, you must make a decision to control your circumstances or blame others. I know a man who lost both of his legs in a railroad accident. He could have blamed the railroad for his handicap, but he chose to control his circumstances and become a pivotal civil rights leader in his community in spite of his handicap. Blaming others starts with negative assumptions.

You can see this assumption in action almost everywhere —something is missing, so someone else must have moved it; your expenses exceed your income, so your job is not paying you enough money; the kids are misbehaving in class, so it is the teachers fault; a project is late, so your colleagues at work must not have done their share—and on and on it goes.

This type of blaming or thinking has

become extremely common in our culture. It has led us to believe that we are never completely responsible for our own actions, problems or happiness. It has led to frivolous lawsuits and ridiculous excuses that get criminals off the hook.

When we are in the habit of blaming others, we will blame them for our anger, frustration, depression, stress and unhappiness. When you blame others you have no control of your circumstances and you leave your destiny to complete chance.

Stop the blaming. Control your circumstances and influence your destiny. As you approach the fork in the road of life, accept and overcome the adversity. In terms of personal happiness, you cannot be peaceful while at the same time blaming others.

Of course, there are times when other people or circumstances contribute to our problems, but it is we who must rise to the occasion and take responsibility for our own happiness. Circumstances don't make a person, they reveal them.

Starting today, notice what happens when you stop blaming others for anything and everything in your life that goes wrong. This doesn't mean you don't

hold people accountable for their actions, but that you hold yourself accountable for your own happiness and for your reactions to other people and the circumstances around you.

When a task at home or work needs to be completed, rather than assuming you're the only person doing your part, take the initiative and do it. When you're over budget, figure out where you can spend less money. Most important, when you're unhappy, remind yourself that only you can make yourself happy.

Control your circumstances by claiming your happiness through overcoming adversity. Blaming makes you feel powerless over your own life because your happiness is contingent on the actions and behavior of others, which you can't control.

When you stop blaming others, you will regain your sense of personal power and start influencing your destiny. Make your choices, rather than simply living as the result of choices made by others. Life is a great deal more fun and easier to manage when you stop blaming others and start controlling your circumstances.

(Information in this article is cited from the book “Don't Sweat the Small Stuff; Stop Blaming Others” by Richard Carlson, Ph.D.)

## Chief's Corner

### The value of education – demographics show enlisted force falling behind

By Senior Master Sgt. Steve Dilda  
100th Comptroller Squadron  
(former DFAS-Japan superintendent)

*Royal Air Forces, Mildenhall, England* – One triad of Air Force core values is “Excellence in all we do.” Is this simply another worn out catch phrase or a lifestyle we take to heart? The reason I pose this question stems from low progression in enlisted education. If you analyze enlisted educational demographics it is evident the total force is not pursuing education. What steps are we pursuing to change this trend? As of March 31:

⇒ 99.9 percent of the enlisted force have at least a high school education:

⇒ 3.5 percent have some semester hours towards a college degree

Yet only:

⇒ 15.9 percent have an associate's degree or equivalent semester hours

⇒ 4.6 percent have a bachelor's degree

⇒ 0.7 percent have a master's degree

⇒ 0.01 percent have a professional or doctorate degree

The huge gap between “some” and the lowest degree is 57.9 percent. Some equates to one class (minimum progression) to qualify, however, when compared to the number of classes required for an associate's degree; some is not very impressive at all.

Compare enlisted statistics to officer, blue or white collar data on the Air Force Personnel Center demographics page to see how far behind we are.

As motivational speaker Brian Koval stated, “The most important part of being a leader is maintaining the desire to keep on learning. That means learning about yourself, about your peers and about the people you serve.” To master the task of serving, we must broaden our horizons and that of our subordinates through education.

In my humble opinion, these statistics indicate a negative trend we must overcome. I submit to you enough emphasis is not placed on the value of education. Leadership responsibilities clearly highlight pursuing off-duty education but there is no active campaign to fulfill these expectations with substantial

impact noted. Pursuit of professional military education is pushed heavily, progress is outstanding! Why isn't the same emphasis placed on civilian education to produce more intellectual, well rounded Airmen? We are missing a vital avenue to fully equip our force if we allow this trend to continue.

According to one definition of leadership, “A profession centers around a specific set of skills and a body of knowledge learned through extensive education and experience.

Professionals acquire this specialized knowledge through a process of extensive and continued education, usually involving undergraduate and graduate-level study, technical training and additional professional schools.”

In developing subordinates, we are expected to “Encourage and facilitate formal education.” Refresh yourself with paragraph 8.8.9 and 8.10.9 of the Air Force Promotion Fitness Examination study guide for education and professional development expectations. This is again stressed in the mentoring section of AFPAM 36-2241V2, par 9.20-9.22. As you can see, education

is mentioned in several venues, minus a square filler to motivate higher academic achievement. It's time to implement the old adage, “actions speak louder than words.”

So my question is, are we going to do something to reverse this trend or idly sit by, continuing to support the “that's the way it's always been done” syndrome? My challenge to you; even though enlisted members are not required to have education beyond a high school degree, are you self-motivated to raise the bar in pursuit of higher academic achievement?

Are you willing to operate at the “tip of the spear” transforming our force to higher unprecedented achievements via academia?

I encourage you to jump on the bandwagon and lead the charge to bring our educational accomplishments to an expectable standard. One day soon the Air Force may mirror the Navy's policy requiring degree attainment for rank advancement. If this occurs, will you be ahead of or behind the eight ball? The ball is in your court, what will you do with it?



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### DUI Prevention

July 19 – July 25	0
Total DUIs in July	1
Total in 2006	8

#### Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't*

*drink and drive.  
Call 225-RIDE!*

E-mail questions or comments about Yokota Air Base which could not be resolved by your chain of command to the 374th Airlift Wing commander at:

***action.lines-1@yokota.af.mil***

# Cooking up traditional Japanese fun

*Airman and Family Readiness Center offers classes, trips to help people enjoy the host nation*

Story and photos by Jennifer Hensley  
Fuji Flyer contributor

The Airman and Family Readiness Center is cooking up fun – quite literally.

Students recently received pointers in the fine art of Japanese cuisine with a free class offered by the center.

The lunchtime session featured step-by-step instruction on how to make a traditional summer salad with udon noodles, chicken, dashi soup and fresh vegetables.

According to student Livina Cruz, spouse of a 730th Air Mobility Squadron maintainer, one of the best parts of the class was sampling the food afterwards.

“It’s delicious,” said Mrs. Cruz. “I can’t wait to take the next class.”

For instructor Yasuko Katayama, who is the center’s culture consultant, this class was very special. Not just because she enjoys cooking but because it was her first.

Since joining the staff of the AFRC in June, Ms. Katayama has been anxious to share her culinary talents with the servicemembers and families at Yokota Air Base.

“I love to cook and I do it every day for my family,” said Ms. Katayama. “I want to be able to share a fun cooking experience with the families here on base.”

Although she has no formal training, Ms. Katayama has a passion for her culture and for sharing it with her American

counterparts.

“I want people to know Japanese cooking is easy and fun and I want to teach them something they can share with their friends and relatives when they return to the United States,” she said. “That way, they can literally give them a taste of Japan.”

For this class, Ms. Katayama used ingredients that can be found at the commissary, and carefully explained each step in the process. She hopes to do the same for future classes.

“I want to share traditional recipes but I want it to be easy for students to recreate the dish at home,” she said. “I also want to encourage students to use typical Japanese ingredients and to not be afraid to try new things.”

For families that want to get out of the kitchen, Ms. Katayama also leads free tours courtesy of the AFRC. The tours travel to Tokyo and most recently to Kawagoe. Participants receive free transportation but must pay for their own meals and souvenirs.

“You provide the experience,” said Ms. Katayama. “We provide the opportunity.”

In the past, the AFRC has relied solely on volunteers to teach cooking and culture classes. Now that Ms. Katayama’s position is secured, she hopes to be able to expand the range of classes and tours.

For her, it’s more than just a job, it’s about giving families a unique opportunity to experience a culture she herself

loves very much.

“I’m very proud of my culture and I want Americans to share in that,” said Ms. Katayama. “It’s important for everyone to experience Japan in their own way. Here, in this position, I am able to help people do that.”

Ms. Katayama’s favorite part of her job is helping and meeting new people.

“I have been to many countries and I have had many good experiences and I want to be able to offer the same thing to this community,” said Ms. Katayama. “I want Americans to not be afraid to experience everything Japan has to offer.”

For Mrs. Cruz, taking the cooking class was a new way to do just that – experience Japan.

“I really like to cook and my husband and I love Japanese food,” said Mrs. Cruz. “I like learning new techniques and styles. This class was a lot of fun.”

The class usually takes place twice a month in the kitchen of the AFRC. Participants are asked to sign up in advance so that the center can be sure to have enough materials handy.

To sign up, or for more information about this and other classes offered by the AFRC, call 225-8725.



< Yasuko Katayama shows her students the ingredients in a traditional Japanese summer salad. The Airman and Family Readiness Center held a Japanese cooking class recently that taught community members how to make the dish.

> A community member cuts fresh vegetables during the Japanese cooking class. The center offers many classes and trips to the Yokota Air Base community.



> Final preparations are made on the salad before it is complete. The cooking classes are low cost and include hands-on instruction.



< Udon noodles were included in the salad. Japanese dressing along with vegetables such as lettuce and tomatoes were in the mix also. Ms. Katayama, left said she loves to share the Japanese culture.



< The traditional Japanese summer salad is complete. The students tasted their creation afterward. Japanese cooking classes are offered throughout the month at the Airman and Family Readiness Center.

**IT'S MIDNIGHT AND YOU CAN'T REMEMBER WHEN THAT WING MANDATORY BRIEFING IS TOMORROW – VISIT THE *FUJI FLYER* ONLINE AT [WWW.YOKOTA.AF.MIL](http://WWW.YOKOTA.AF.MIL)**

**AD**



## “Quotes” & Things

*“The Hall of Fame ceremonies are on the 31st and 32nd of July.”*

Ralph Kiner

**Cheerleading:** The Yokota High School cheerleading squad is hosting tryouts Aug. 8 and 9 from 10 to 11:30 a.m. at the Samurai Fitness Center. A parents meeting is scheduled for Aug. 7 at the high school lecture hall at 6:30 p.m. E-mail to [yhs.cheerleaders@yahoo.com](mailto:yhs.cheerleaders@yahoo.com).

**Circuit training:** Morning Madness circuit training is held at the Samurai Fitness Center Tuesdays and Thursdays from 6:30 to 7:30 a.m. Call 225-8322.

**Fit Mom:** Women who are pregnant can attend this class, held Saturdays from 9:30 to 10:30 a.m. at the Natatorium. Exercises include walking in water, hydracircuits, swimming and walk activities. Call 225-8322.

**Youth Basketball:** Operation Night Hoops is a basketball team that offers teens the opportunity to play and improve while learning teamwork through the Teen Center. Call 225-6793.

**Lifeguard class:** A lifeguard class is scheduled for Aug. 14 through 25 at the Natatorium. The cost is \$75 and includes books and CPR mask. Students must attend every class to become certified. Individuals must pass a swim test prior to signing up for the course. Call 225-6133 for more information.

**Self defense class:** Learn how to protect yourself. Female-only self defense class is held at the West Youth Center on Saturdays from 1 to 3 p.m. \$40 per month. Call 225-7441.

# Bodybuilding – in the spotlight



photo by Osakabe Yasuo



photo by Chief Master Sgt. Michael Atkinson

Far right, Hirouki Okajima puts his best face forward to win the men's lightweight division and best poser. Center right, guest poser Professional bodybuilder Johnnie O. Jackson displays his phenomenal physique at the competition. Right, a bodybuilder puts all his energy into his pose for a chance to take first place. Dozens of bodybuilders competed at this year's championship, with a standing room only crowd cheering them on at the Enlisted Club Sunday.



photo by Chief Master Sgt. Michael Atkinson



photo by Chief Master Sgt. Michael Atkinson



photo by Osakabe Yasuo



photo by Osakabe Yasuo

Top left, Yokota's own Chandra Mauthe flexes her bicep, which earned her first place in the women's open division during the annual Central Japan Bodybuilding and Fitness Championship. Left, the men's lightweight category competitors pose down. Above, men's masters category winner and overall winner Yasunori Komori shows off.

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